

Health Promotion & Wellness

March 2019



From top to bottom (U.S. Marine Corps photo by Pfc. Kindo Go, Photo courtesy of Defense Commissary Agency, U.S. Marine Corps photo by Staff Sgt. Vitaliy Rusavskiy)

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National Nutrition Month®

A lot of us may have started 2019 with resolutions to eat better, move more and manage our weight better, however, most of our commitment to these New Year's resolutions declines sharply after January. March is the perfect time to get re-energized to make those healthier habits a part of our daily routine. Since 1980, March has been designated as National Nutrition Month® by the Academy of Nutrition and Dietetics. National Nutrition Month® is a nation-wide campaign to help people make more healthful food choices, while developing sound eating and physical activity habits, and members are able to provide the public valuable and credible, scientifically-based food and nutrition information. March 13 is Registered Dietitian Nutritionist (RDN) Day.

[Click here to get resources for Nutrition Month!](#)

Some key messages for National Nutrition Month:

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.



Don't forget [ChooseMyPlate.gov](#) is a great source of information, tips and ideas to help get you back on track with your nutrition goals. RDNs are your food and nutrition experts, so reach out to them and collaborate on events to promote healthful eating education at your command.

Click [here](#) to learn more about National Nutrition Month® and check out some new ideas and resources.

Diabetes Alert Day: Prediabetes Risk Awareness

It is estimated that 84 million Americans have prediabetes and 90% of them have no idea. The American Diabetes Association (ADA) Alert Day [website](#) has a link to a 60 second diabetes risk assessment. March 26th is ADA Alert Day. The goal of this observance is to encourage use of this free, anonymous test to let people know if they are at risk. This site also has great information on how to decrease risk and prevent diabetes. You can use this to promote the great programs you are doing to increase good health and readiness. Healthy habits = diabetes prevention.

Question of the Month

This month we would like to know how concerned you are regarding the transition of military health care to Defense Health Agency. The monthly question (only 1!) is anonymous and is designed to help us better meet your needs. Please [click here](#) and let us know!





NATA and APTA Commit To Greater Collaboration and Joint Efforts to Promote Quality Care Across Health Care

The National Athletic Trainers Association (NATA) and American Physical Therapy Association (APTA) are collaborating and have committed to promoting the health and wellness of individuals as well as engaging in efforts to advance population health. With injuries being the number one U.S. Armed Forces health complaint during both peacetime and combat, this strengthened partnership is a significant milestone in military medicine. Sprains and strains are the leading reasons for lost work days. Athletic trainers and physical therapists play a critical role in keeping our service members injury free and physically ready for deployments.

This partnership aims to encourage our members and stakeholder communities to follow their lead by joining forces and communicating in an effort to increase the quality of patient care by:

- Sharing best practices and successful models of interprofessional practice.
- Collaborating on best practices and models of care that highlight the value of athletic training and physical therapy across health care NATA and APTA.
- Educating each other and the public on academic preparation and contemporary clinical training of both professions.
- Promoting regulation that represents the education and training of each health care profession.
- Collaborating on increasing patient access.
- Promoting and encouraging leadership and participation of both athletic trainers and physical therapists in initiatives that advance youth sports safety and health while providing care to physically active people across all levels of competition and recreation – including the nation's armed forces personnel.



(U.S. Navy photo by Mass Communication Specialist 3rd Class Andre T. Richard)

Athletic trainers and physical therapists are committed to working together to investigate principles on model state legislation, joint public relations initiatives, youth sports safety guidelines and initiatives, and other opportunities that will positively impact patient care.



Crews Into Shape Challenge

NMCPHC will be kicking off the annual Crews Into Shape Challenge soon. During the challenge, teams of 2-10 people will work together to earn points eating fruits and vegetables, engaging in physical activity and working towards personal weight management goals. Crews Into Shape is intended to be a fun way to promote wellness and a healthier lifestyle, with teammates encouraging each other along the way. And, maybe engage in some good-natured competition between other teams at your command. Remember, the goal here is promoting healthier habits so we all end up living better! Crews Into Shape can be used at your command anytime during the year. If you'd like to play along with NMCPHC, we will begin competition March 4, 2019. The challenge will take place over 4 weeks, ending March 31.



Disclaimer: We've had some issues with the web-tool and we'll likely still be having those issues throughout March. If you have any issues with the web-tool, please feel free to use the "old-school" spreadsheet to keep track of your team's progress.

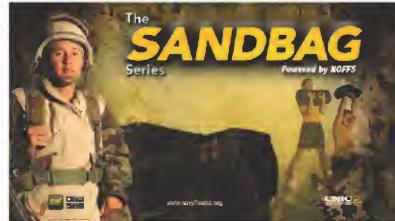


Promoting Fitness

Check out the NOFFS Endurance Series -
[Click here](#) to learn more!



Check out the NOFFS Sandbag Series -
[Click here](#) to learn more!



Training and Events

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education and programmatic materials required to deliver best-practice programs and interventions at the local command level. A complete list of all [HPW Training](#) for FY19 can be viewed at [HPW Training schedule](#).

For further information and/or to request a Quota Request Form to attend any of this training, send an e-mail to: usn_hampton-roads.navmcpubhlthcenzors.list.nmcphc-hpw-training@mail.mil.

HPW Stakeholder Webinars: Upcoming 2019 Schedule

This is a reoccurring event happening the third Thursday of each month at 1400 EST so set your calendar so you don't forget. (Other time zones: 1300 CST, 1200 MT, 1100 PST, 0800 HI, 0300 Japan)

We will be using DCS for audio/recording with a phone bridge as a backup. This will be recorded and CEUs are available.

Date: March 21

Topic: Operation Supplement Support with Andrea Lindsey

DCS Link: <https://conference.apps.mil/webconfHPWWebinarMar2019>

Date: April 18

Topic: Fitness and Injury Prevention with Diana Settles

DCS Link: <https://conference.apps.mil/webconfHPWWebinarApr2019>

Date: May 16

Topic: Online Sexual Health Quickie with Bob MacDonald

DCS Link: <https://conference.apps.mil/webconfHPWWebinarMay2019>

Date: June 20

Topic: Men's Health with HMC (SW, AW, FMF) Delita Shields

Date: July 18

Topic: Nutrition with Jennifer Meeks

Help spread the word!





Try This Defense Commissary Dietitian-Approved Recipe Idea

As we wait for the end of cold weather to finally reach us, one of the best ways to keep our homes cozy is by heading to the kitchen. Give this hearty shepherd's pie idea a try, and easily enjoy a few servings of vegetables, while keeping warm.

Shepherd's Pie with Cauliflower Topping

Ingredients (Serves 6):

- 1 tbsp. olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- Pinch each of salt and pepper
- 1 lb. lean ground beef
- 1/4 cup ground mushrooms
- 12 - 14 oz. frozen peas and carrots
- 1 medium cauliflower cut into florets
- 2 tbsp. butter
- 1/2 cup evaporated skim milk
- 1/2 cup shredded cheddar cheese (optional)



(Photo courtesy of Defense Commissary Agency)

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large frying pan, bring the olive oil to temperature over medium heat. Add the garlic and onion and cook until they are soft (for about 2 minutes), stirring frequently to prevent the garlic from burning.
3. Add the ground beef and mushrooms to the pan. Stir frequently to break the beef into small pieces. Cook until the beef is brown. Drain excess fat and discard. Add a pinch of salt and pepper (optional).
4. Bring 3 - 4 cups of water to boil in a large sauce pan. Add the cauliflower florets, turn heat down to medium high, cover and cook until the cauliflower is tender (about 7 - 8 minutes). Turn the burner off. Gently drain by putting the cauliflower into a colander. Add back to pan and toss gently to allow the steam to escape. Add butter, shredded cheese (optional) and a pinch of salt and pepper. Begin mashing with a fork. Once the cheese and butter have melted, add the evaporated milk and pinch of salt and pepper (optional). Whip the mixture with a hand held whisk or fork to incorporate the milk.
5. While the cauliflower is cooking, microwave a bag of frozen peas and carrots according to the package directions.
6. Place the ground beef mixture in the bottom of a 13x9x2 baking dish, mix in the peas and carrots. Top with the mashed cauliflower.
7. Bake for 20 - 25 minutes, until the topping is browned.

Tip:

- For those that want to lower the carbohydrate level, consider switching the peas and carrots to a lower carb vegetable like broccoli or green beans.

Check out the Defense Commissary's Recipes for more dietitian-approved healthy ideas by clicking [here](#).

View the March HPW Newsletter Online at: <https://www.dvidshub.net/publication/1121/nmcphc-health-promotion-and-wellness>

